

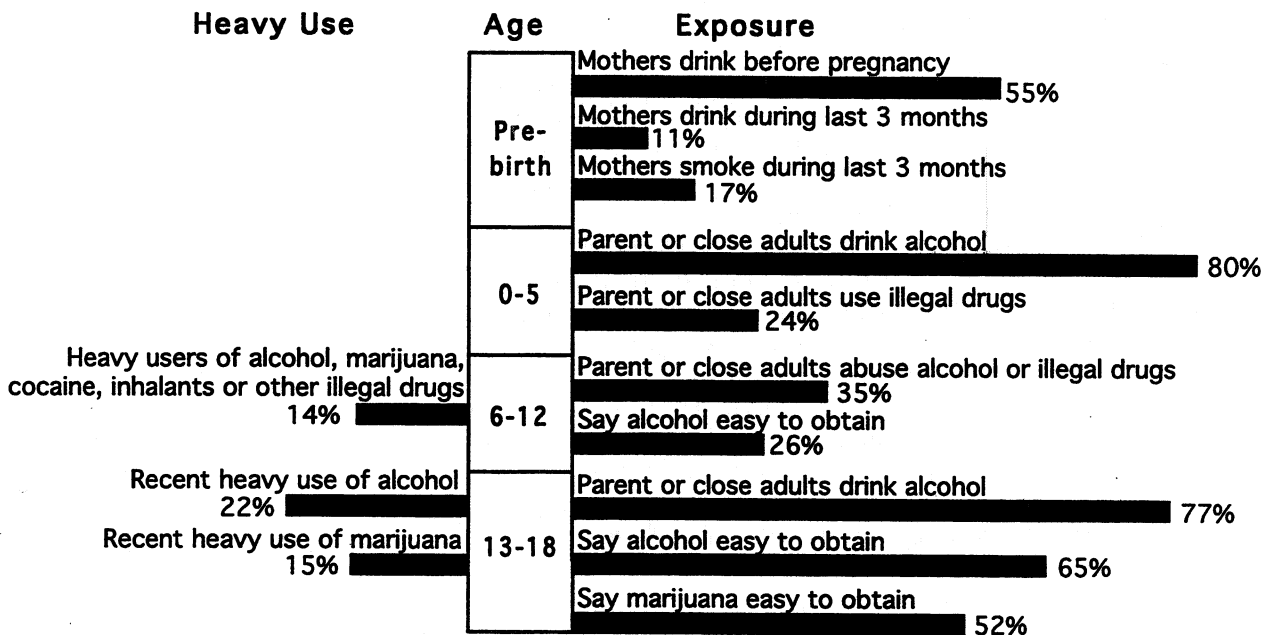


ALCOHOL, TOBACCO AND SUBSTANCE ABUSE AND WASHINGTON CHILDREN

JANUARY, 1999

PREPARED FOR DIVISION OF ALCOHOL AND SUBSTANCE ABUSE BY
RICHARD N. BRANDON, PH.D., AND ABHAY THATTE, PH.C.
UW HUMAN SERVICES POLICY CENTER

Alcohol, Tobacco and Illegal Drugs Pervade The Lives of Washington's Children At All Ages:



Pervasive Substance Abuse Harms Washington Children, Can Be Prevented Or Treated:

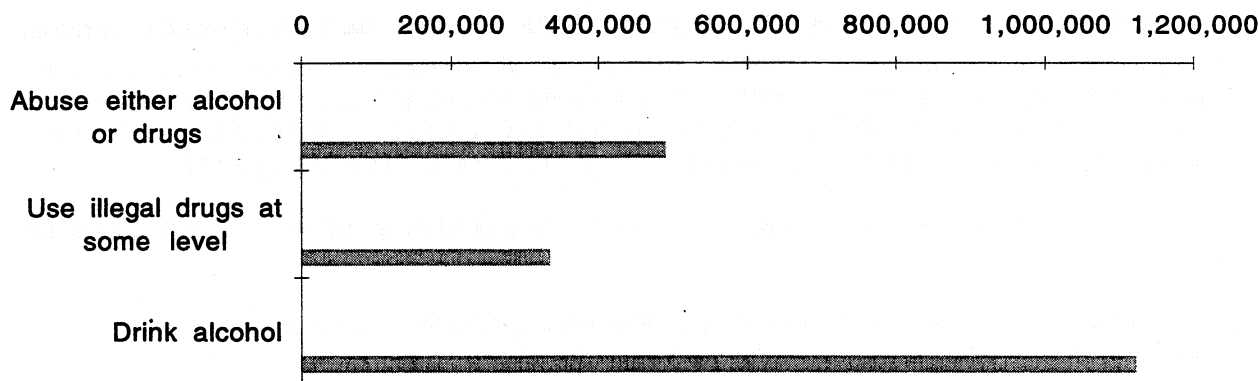
- A majority of mothers use alcohol, tobacco, or other harmful substances before pregnancy. Use during pregnancy can result in low birth weight; reduced rates of growth, intelligence and appropriate behavior; fetal alcohol syndrome or infant mortality. One in six (17%) mothers continues to smoke in the last three months of pregnancy; one in nine (11%) continues to drink.
- Most (80%) young children grow up with the use of alcohol and drugs by their parents and other adults as a role model.
- Alcohol and drugs are easy to obtain during school years for 50-60 percent of adolescents, and many middle and high school students use them on a regular basis.
- Students who use alcohol and drugs are 3 to 5 times more likely to engage in such dangerous behaviors as carrying a gun or attacking someone, and to perform poorly in school.
- Parents are not aware how pervasive drugs are for teens; nationally, twice as many adolescents as parents say that teens have been offered drugs, that the teenager has tried marijuana or does not consider trying it harmful.
- The pervasive influence of drugs and alcohol is a cause for alarm and action, not for dismay — use and abuse can be prevented, dependency can be treated successfully.
- Treatment programs in Washington State have been shown to decrease usage by teens and adults, to improve school performance, reduce arrests and reduce detentions in school, to increase employment and earnings, and to reduce public costs of medical care and income assistance.

Exposure to Alcohol, Drugs and Tobacco Before Birth:

Two different Washington State studies have shown that exposure to alcohol, drugs and tobacco begins even before birth and is related to lack of health care and poor birth outcomes.

- A majority of mothers (55%) drank alcohol in the three months prior to pregnancy; of these, about two thirds were occasional or moderate drinkers (1-2 drinks per week), while a third were regular (3-7 drinks per week) or heavy (8+ drinks) drinkers.
- One in nine babies (11%) is born to a mother who continued to drink 1-2 drinks a week during the final three months of pregnancy.
- More than one in four women (27%) smoked before pregnancy; half of these smoked more than 20 cigarettes a day. Rates of smoking were higher for teen-aged mothers, those with no more than a high school education and low income mothers. Most mothers (80%) say they quit (39%) or reduced (41%) smoking during pregnancy.
- One in six (17%) babies was born to a mother who continued to smoke during the last three months of pregnancy; more than one in four babies born to a teen mother (28%) is put at risk by use of tobacco. One third (30%) of the mothers who smoked late in pregnancy smoked more than 20 cigarettes a day.
- Women receiving Medicaid, whose substance abuse was not treated, were twice as likely as non-substance abusers to not get prenatal care until the last 3 months of pregnancy (14% vs. 7.2%). One in 11 (9%) substance abusers on Medicaid received no prenatal care.
- Births to substance abusing women on Medicaid were more likely to be low birth weight, premature, or result in death of the fetus or infant than were births to non-abusing recipients.

Number of Washington Children Exposed to Substance Use/Abuse By Close Adults:



Exposure to Alcohol and Drugs During Childhood:

- More than one in three (34%), or 490,000 Washington children are exposed to an adult who abuses either alcohol or illegal drugs, either drinking heavily or using illegal drugs on a regular basis.
- More than three quarters (78%), or 1,120,000 Washington children age 0-17 are exposed to use of alcohol by their parents or other close adults, though the majority of this exposure is to occasional or moderate drinking.
- Almost one in four children (23%), or 334,000 is exposed to some use of an illegal drug by their parent or other close adult.

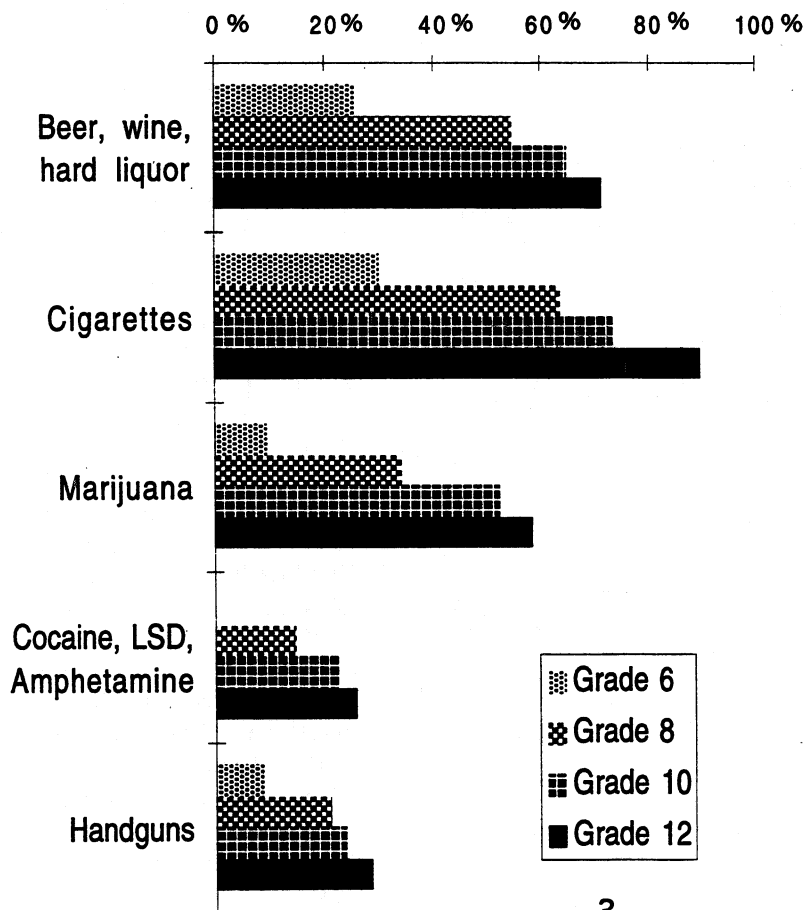
Exposure Rates Are Highest for Youngest Children, Reflecting the Somewhat Younger Average Ages of Their Parents:

- More than one in three (37 percent) youngsters 0-5 is exposed to an adult who abuses either alcohol or illegal drugs, by drinking heavily or using illegal drugs on a regular basis.
- 80 percent of young children aged 0-5 are exposed to use of alcohol by the adults with whom they live, though the majority of this exposure is to occasional or moderate drinking.
- Almost one in four young children (24 percent) are exposed to some use of an illegal drug by their parent or other close adult.

Adolescents are exposed to alcohol and substance use and abuse as common occurrences, both by the adults in their home and their friends and peers at school:

- Almost one in three teenagers (30 percent) is exposed to an adult who abuses alcohol or drugs, either drinking heavily or using illegal drugs on a regular basis.
- Three quarters (77 percent) of adolescents aged 12-17 are exposed to use of alcohol by the adults with whom they live.
- Almost one in five adolescents (19 percent) is exposed to some use of an illegal drug by their parent or other close adult.

Percent of Washington Teenagers Saying Very Easy to Obtain Alcohol and Drugs



Teenagers tell us that alcohol and drugs are very easy to obtain.

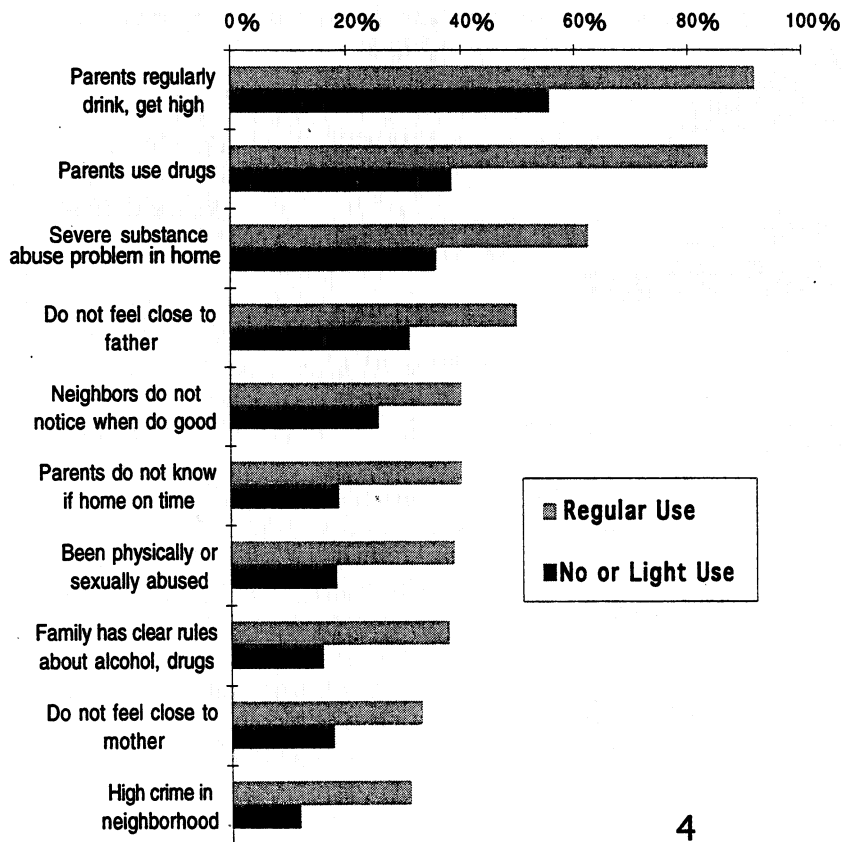
- Early in middle school, 25-30 percent of sixth graders say that it would be very easy for them to obtain beer, wine, hard liquor and cigarettes.
- By eighth grade, between a half and two thirds say it is very easy to obtain alcohol or cigarettes, a third say it is very easy to get marijuana, and 15 percent say it is easy to obtain cocaine, LSD or amphetamines.
- By tenth grade, three fourths of the students tell us that cigarettes are very easy to obtain, two thirds say the same for alcohol, one half for marijuana and more than one in five for cocaine, LSD or amphetamines.

Adolescent Substance Use:

- One in seven high school students reports being a recent heavy user of alcohol, marijuana, cocaine, inhalants or other illegal drugs.
- One in five high school seniors (22%) reports recent heavy use of alcohol and one in 7 (15%) heavy use of marijuana.
- One in ten reports using alcohol on a regular basis (at least 6 times in the last month); 11 percent report regular use of marijuana . 1 to 2 percent report frequent (more than twice in the last month) use of cocaine or inhalants.
- Use is higher for males than for females. Caucasians account for the largest number of substance abusing youth; however, heavy substance abuse is proportionately higher among Native American and Hispanic youth, in a middle range for Black and Caucasians, and lowest for Asian American youth.
- Washington students perceive a much lower danger of heavy alcohol, marijuana and cocaine use than do students nationwide, and have higher than average use of marijuana and cocaine. They have a higher rate of trying alcohol and cigarettes, but a lower than average rate of heavy usage.

Negative Experiences and Outcomes for Adolescents Who Use Alcohol or Drugs:

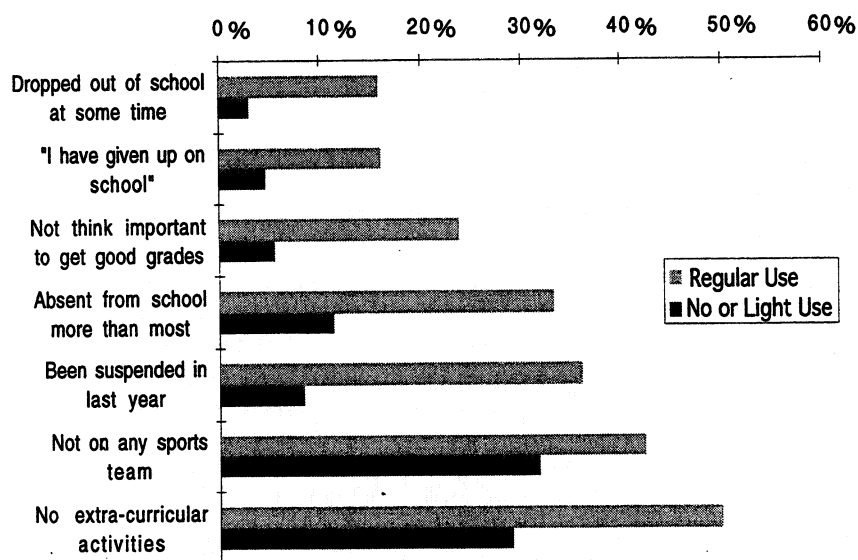
We find that a large number of youth are using alcohol, tobacco or other drugs. Youth who are regular users do less well in school, are more likely to be engaged in dangerous activities and be less involved with family and community. Youth use many different substances - alcohol, tobacco, marijuana, cocaine, inhalants, other illegal drugs — and the same youth may use more than one. But the pattern is the same across substances - youth who use them have less supportive family backgrounds and do less well with many aspects of their life. We have therefore calculated the results to compare youth who are regular users of any harmful substance with those who are not; the numbers are similar whether tobacco is included or not.



Background Experiences of Substance Abusing Youth

- 92% of youth who are regular users have parents who regularly get drunk or high, and 84% have parents who use drugs; 62% say someone in their family has a severe drug or alcohol problem.
- 40% of youth who are regular substance users do not have neighbors who notice when they are doing a good job and let them know it, compared to 25% of heavy users.
- Almost half (48%) of female youth who are regular substance users and almost a third of males (31%) say they have been physically or sexually abused.
- Half of regular substance users say they are not close to their father.

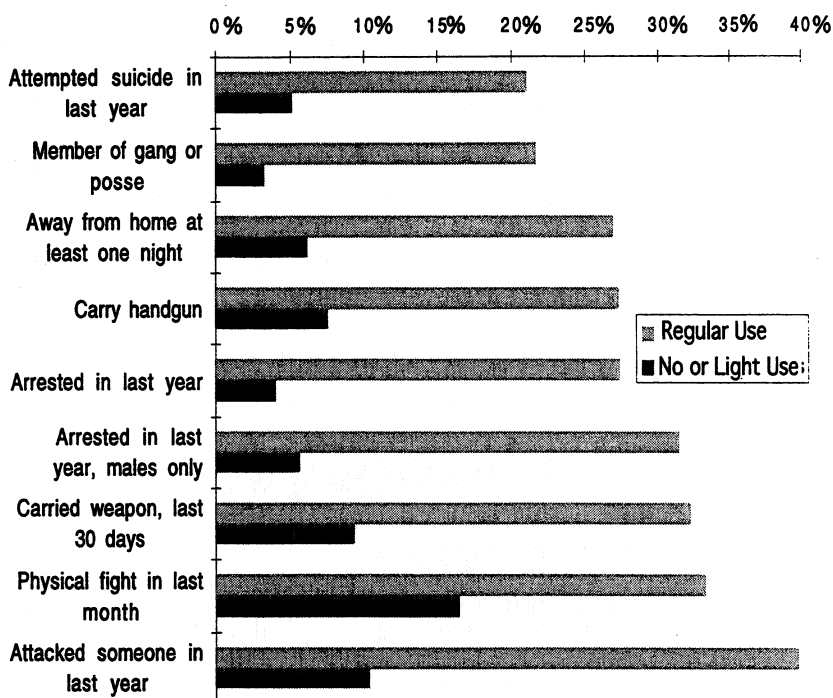
Engagement in School and Sports:



- From three to five times as many of the youth who are regular substance users have given up on school, have dropped out of school at some time, been suspended in the last year, and do not consider it important to get good grades. Regular users are also less involved in sports or other extra-curricular activities.
- However, nearly 85 percent of regular substance users have never dropped out of school and still consider it important to get good grades. Half remain engaged in sports or other extra-curricular activities.

Dangerous Behavior:

- Youth who are regular substance users are much more likely to engage in other behaviors which are dangerous to themselves or others.
- One in five (21%) regular users reports having attempted suicide in the last year, four times the rate for non-heavy users (5.1%).
- One in three regular users carried a weapon (32%) or was in a physical fight (33%) in the last month; more than a quarter (27%) were arrested in the last year.
- Almost half (48%) of male regular users and a quarter (29%) of females say they attacked someone in the past year.



Tackling A Pervasive Problem: Preventing Use, Treating Addiction:

Preventing Regular Substance Use:

The data presented in this report show that the use of alcohol, tobacco and illegal drugs by parents and close adults is so pervasive as to set an expectation for children that substance use is part of the normal routine of life. This expectation is reinforced by ready access to these substances at school, and high rates of use among student peers. Preventing youth from perpetuating the cycle of pervasive use requires changing those expectations and restricting access. If parents limit their own use, particularly in the presence of children, then use by their children will diminish. Parents and teachers must take seriously the ready availability of alcohol, tobacco, and drugs in schools, monitor use by their children, and cut the easy supply lines. Those students who come from a family background of physical or sexual abuse, or parental substance abuse, should receive focused efforts to enhance family and community support systems and improve their ability to avoid the danger of adolescent substance abuse.

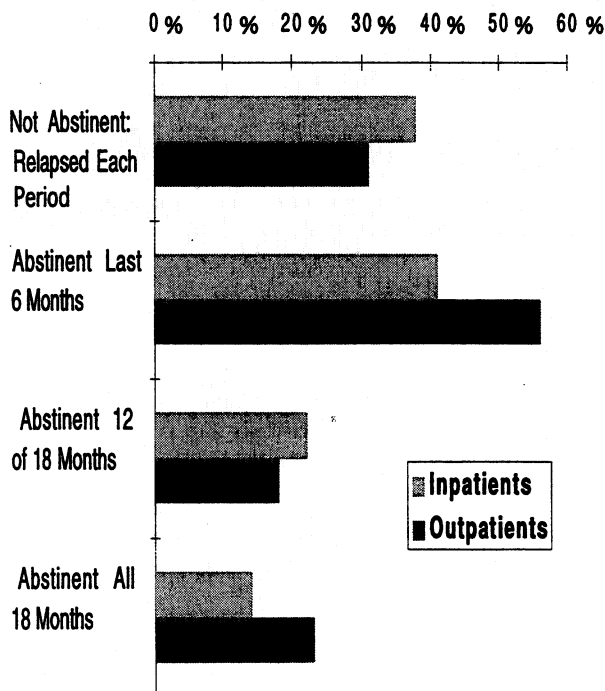
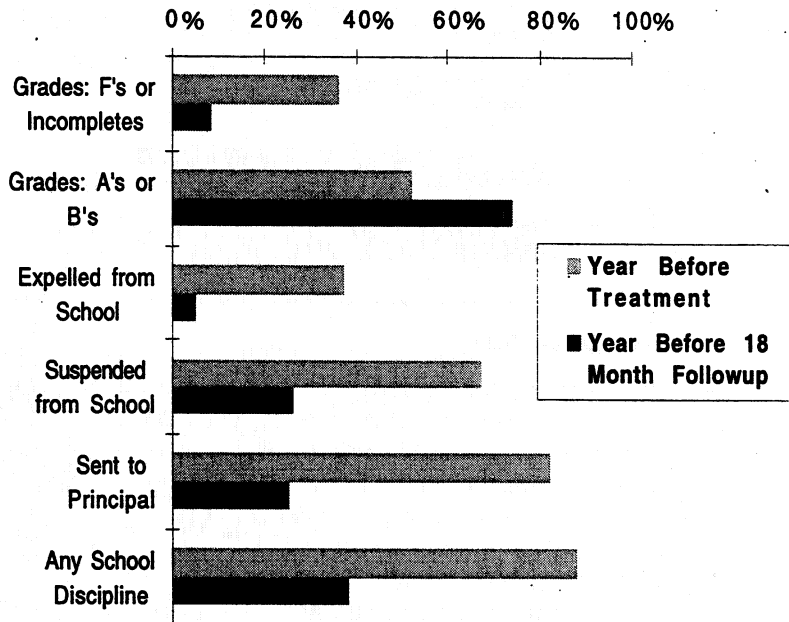
Treating Addiction:

Treatment programs in Washington State have been shown to decrease usage by teens and adults, to improve school performance, to increase employment and earnings, and to reduce public costs of medical care and income assistance.

Improved School Performance:

School performance improved markedly in the eighteen months after treatment for chemical dependency for a sample of Washington adolescents.

- The percent suspended from school dropped from two thirds (67%) to one quarter (25%); expulsions dropped from a third of students (37%) to one in twenty (5%); being sent to the principal's office dropped from most students (82%) to one in four (25%).
- Grades improved after treatment. The percent with F's or incompletes dropped from one third of students (35%) to one in twelve (8%); the percent getting B's rose from one third (35%) to one half (51%) of students.

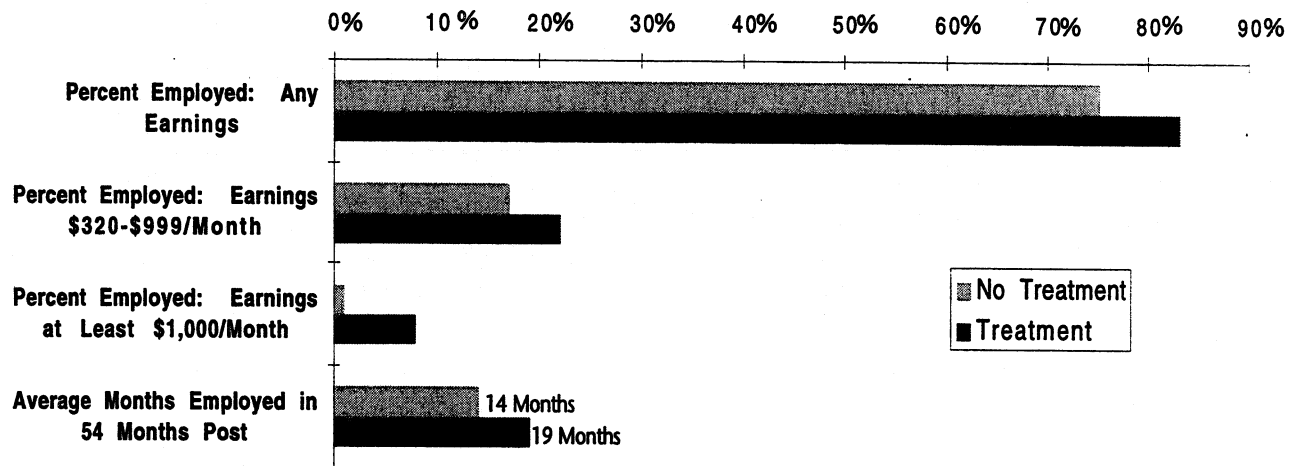


Decreased Usage After Treatment:

- The average number of substances used dropped from 5.0 before treatment to 2.4 after.
- About half of a sample of adolescents receiving chemical dependency treatment in Washington and tracked for 18 months after treatment were able to abstain from use of alcohol or drugs for the most recent six months (41% inpatients, 51% outpatients).
- Many of the treated adolescents were able to abstain for the entire 18 months (14% inpatients, 23% outpatients). More than a third were abstinent for 15 of the 18 months (37% inpatients, 41% outpatients).

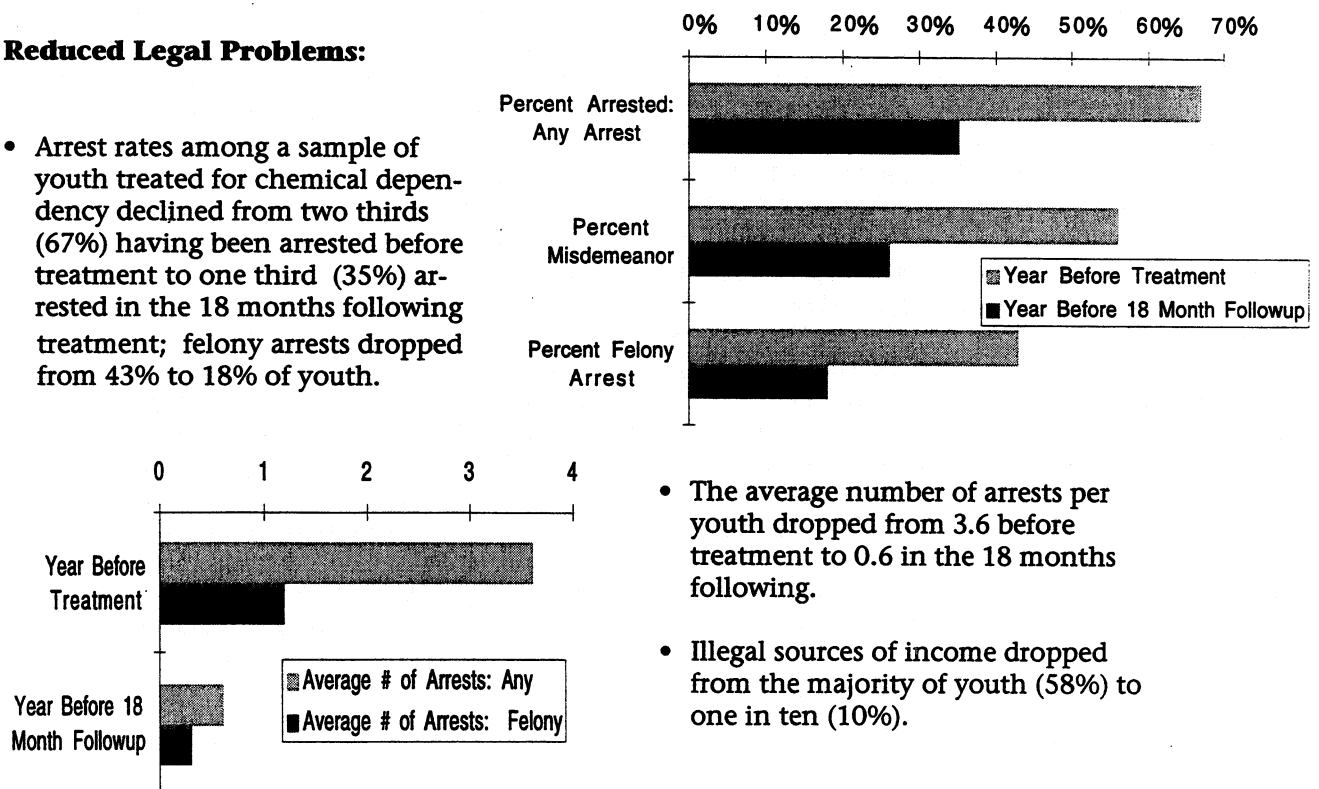
Increased Employment and Earnings:

- Employment among a sample of youth treated for chemical dependency increased from 44 to 52 percent following treatment. Job loss dropped from 30 to 7 percent. Absenteeism and tardiness decreased from 51 to 18 percent of youth.
- Employment and earnings for adults who were indigent and unemployable due to their addiction increased significantly following treatment, particularly where treatment was combined with enhanced vocational services. Almost half (46%) of those receiving treatment plus vocational services achieved average earnings up to the minimal \$320 per month (general assistance level standard), compared to 22% who received only treatment and only 17 percent of those not treated.
- During a 4.5 year (54 month) follow-up period, those receiving treatment plus vocational services averaged 28 months employed; those with treatment only averaged 19 months of employment; non-treated adults were employed an average of only 14 of the 54 months.



Reduced Legal Problems:

- Arrest rates among a sample of youth treated for chemical dependency declined from two thirds (67%) having been arrested before treatment to one third (35%) arrested in the 18 months following treatment; felony arrests dropped from 43% to 18% of youth.

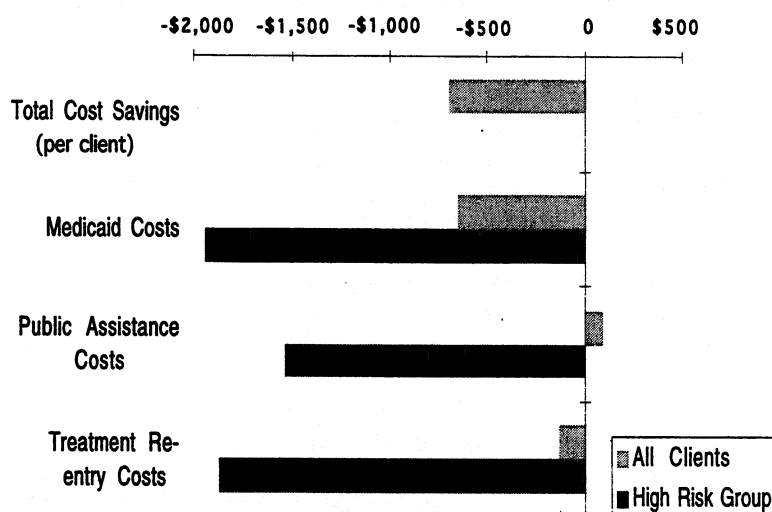


- The average number of arrests per youth dropped from 3.6 before treatment to 0.6 in the 18 months following.
- Illegal sources of income dropped from the majority of youth (58%) to one in ten (10%).

Public Expenditures Reduced by Treatment

A sample of indigent Washington adults receiving substance abuse treatment generated substantially lower public expenditure costs in the year following treatment, compared to an untreated comparison group.

- Medicaid costs declined an average of \$647 per client, public assistance increased a slight \$89, and further treatment costs were \$134 less, for a net reduction of \$692 per person.
- For high risk groups, savings were greater: \$1,304 savings in Medicaid by hard drug users, \$499 lower public assistance costs for AFDC clients, and \$575 less treatment costs for those with at least three prior admissions.



Acknowledgements: This report was funded by the Washington Department of Social and Health Services, Division of Alcohol and Substance Abuse. We acknowledge the support and guidance of Dr. Antoinette Krupski, Research Director, and Mr. Kenneth Stark, Director, of DASA. Valuable assistance in making data available and conducting special analysis for this report was received from Ms. Denise Fitch of OSPI and Dr. Joseph Kabel of DSHS- ORDA.

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